

Epina y Café snacks in 30 minutes club will held on Tuesdays 3.00 pm and 4.00 pm on:

- **Tuesday 16th January**
- **Tuesday 23rd January**
- **Tuesday 30th January**
- **Tuesday 6th February**
- **Tuesday 20th February**
- **Tuesday 27th February**
- **Tuesday 6h March**
- **Tuesday 13th March**
- **Tuesday 20th March**
- **Tuesday 27th March**

The aim of this club is to raise awareness of the healthier alternatives when cooking by adapting everyday recipes within 30 minutes.

Each week pupils will have the chance to taste products produced and for a small donation these products could be available to take home. All children receive an end of term certificate for participation.



Extended Schools Information

Snacks in 30 minutes

Years 7 and above

Spring term

Weekly overview:

- Week 1:**
Induction, health and safety around the kitchen.
Fruit and vegetable knife skills
- Week 2:**
Soups
- Week 3:**
Pasta dishes
- Week 4:**
Meat dishes
- Week 5:**
Pastry products (rubbing in)
- Week 6:**
Biscuits
- Week 7:**
Cakes (creaming)
- Week 8:**
sauces
- Week 9**
Bread dishes
- Week 10**
Students choice



Club leads:

Mr Becke



Mrs Dunn

